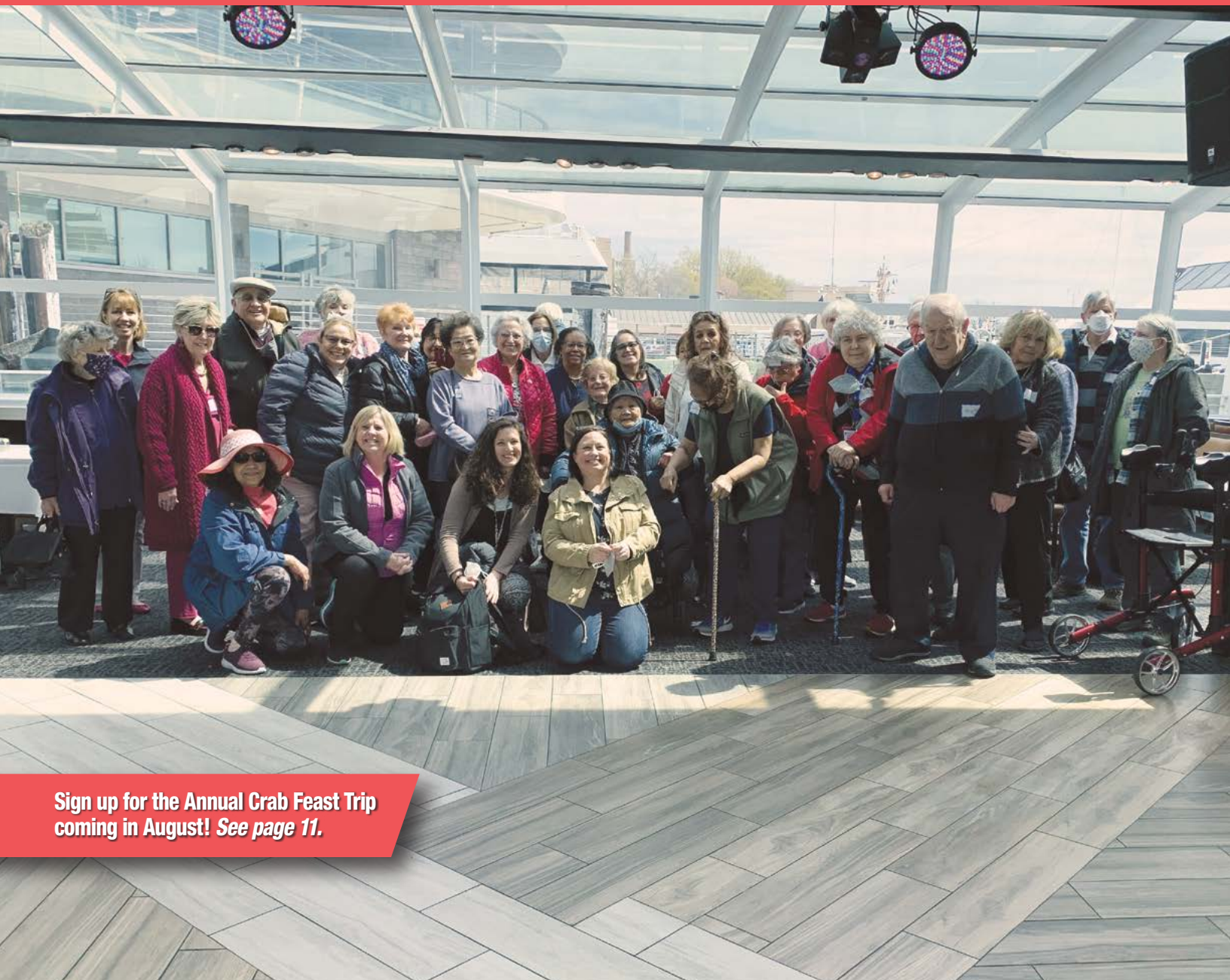


Adults 60+ Recreation and Services Guide

SUMMER 2022



Sign up for the Annual Crab Feast Trip coming in August! See page 11.

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Recreation and Parks Vision Statement

To be THE place to make lifelong memories as you live, work, play and thrive.

Recreation and Parks Mission Statement

To nurture community connections.

Stay Informed

www.rockvillemd.gov/seniorcenter

seniorcenter@rockvillemd.gov

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Prices Key:

Prices are listed as:

Senior Center Member/Nonmember

Welcome

Rockville Senior Center and Fitness Center Hours:

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for hours

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations:
240-314-8810

Center Membership Fees:

\$40/year, Rockville residents;
\$135/year, nonresidents; \$65, spouse

Fitness Center Membership Fees:

\$90/year (must be a Senior Center member)

Mayor
Bridget Donnell Newton
Councilmembers
Monique Ashton
Beryl L. Feinberg
David Myles
Mark Pierzchala

Robert DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of
Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of
Parks and Facilities

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on May 3 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

Building & Fitness Room Closures

Monday, May 30, Memorial Day

Monday June 20, Juneteenth

Monday, Sept. 5 Labor Day

Registration Dates

(M): Senior Center member registration begins:
Tuesday, May 3. Senior Center members receive a discount on programs.

(NM): Nonmember registration begins:

Thursday, May 5.

Any Questions?

Email us at seniorcenter@rockvillemd.gov

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us before the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. This publication will be made available on request in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.

Arts & Enrichment

American Voices: Song and Citizenship in the USA **NEW!**

What do the songs and music you listen to say about you? What does a musical artist's music say about them? Join MSM Distance Learning as we explore American song throughout the 20th century. Learn how songwriters have used their music to foster social change or promote American cultural and national identity, within the backdrop of major political and cultural movements of the 20th century. Live and historic performances, ranging from bel canto opera, New Orleans jazz, gospel and pop music will be presented in this not-to-miss exploration of American culture, as seen through the lens of history and music.

Course	Day, Date	Time	Cost	Location
23022	W, 7/6	1-2 p.m.	\$6/\$9	Online

Birthday and Anniversary Party

Celebrate with a festive afternoon of lively entertainment. Mark your calendar for this special event, held in partnership with Rockville Seniors, Inc. Celebrating June, July and August birthdays! All are invited, whether or not you have a summer birthday. Entertainment: Island Breeze Sponsored by: TBD

Course	Day, Date	Time	Cost	Location
23001	W, 7/13	1:30-3 p.m.	Free/\$7	RSC

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion. June 23: "A Long Petal of the Sea" by Isabel Allende. July 28: "While Justice Sleeps" by Stacey Abrams.

Course	Day, Date	Time	Cost	Location
22910	Th, 6/23 & 7/28	9:30-10:45 a.m.	Free/\$7	Online

Books to Movies "The Sun Also Rises"

Three-part series on "The Sun Also Rises"

Session 1: The Author Ernest Hemingway

This most colorful and prolific writer in 1926 captures life in Europe during World War I. What was his reaction to the movie?

Session 2: The Book

This work is comprised of three books. It is about an American expatriate on a journey. In what ways was this 1926 book about the lost generation? What are some of the autobiographical elements?

Session 3: The Movie, the Cast and More

This movie was filmed in France, Spain and Mexico. The all-star cast brought the book to life on the big screen. How was this movie received in 1957? Did the screenwriter keep the plot and characterization close to that of Hemingway's book? How did the producer respond to the author?

Course	Day, Date	Time	Cost	Location
22909	M, 8/1-8/15	10:30-11:30 a.m.	\$18/\$27	Online

Chocolate Through Time **NEW!**

Learn about the history of chocolate from its ancient beginnings in Meso-America. An interactive presentation will focus on how chocolate has changed through time, both in terms of its cultural value and how mechanization has altered its production process over time. Explore the timeline of how chocolate evolved as an ingredient. The presentation will be followed by a chance to taste an assortment of historic chocolate recipes. Chocolate boxes will be available for pickup from Rockville Senior Center on July 25 or 26 during business hours. Presentation by food historian Joyce White.

Course	Day, Date	Time	Cost	Location
22922	W, 7/27	1-2:30 p.m.	\$10/\$14	Online

Can't make it to the Senior Center?

KEY:  = Phone-in available

Check the monthly newsletter for updates!

Cooking Classes with Chef Alba

Cook along with Chef Alba, or simply watch, during these live and interactive cooking classes on Zoom. A shopping list and recipes will be emailed ahead of time to participants.

Tapas of Portugal and Spain

Tapa is derived from the Spanish verb "tapar" (to cover). A tapa is a bite of soothing comfort food, a delicious savory treat to accompany a drink. Tapa is the name for a wide variety of appetizers that can be served cold or warm. In Spain and Portugal, tapas are served as appetizers before dinner. Menu: cordon bleu stuffed mini sweet peppers, baby potatoes in saffron mayo, sage sausage bites in balsamic apricot sauce.

Course	Day, Date	Time	Cost	Location
22999	W, 6/22	4:30-6 p.m.	\$15/\$20	Online

Moroccan Summer Favorites

While its culinary culture traces its roots to the indigenous Berbers and Arabs, Moroccan cuisine is also influenced by the French and the Spanish. Cooking Moroccan-style food is a feast for the senses. Savor the unique and fresh taste of Moroccan summer delights. Menu: Moroccan cous-cous salad, Moorish chicken kebabs with yogurt cilantro sauce and grated cucumber mint salad.

Course	Day, Date	Time	Cost	Location
23000	M, 8/15	12-1:30 p.m.	\$15/\$20	Online

Drawing with Val **NEW!**

Discuss famous artists and their drawing techniques. Learn how to record nature, gestural drawing, and sustained sketches with simple contours and shading to create structure and a three-dimensional look. Create accurate drawings and discuss the geometrical shapes that assist in getting a good, solid drawing. You will need a heavier drawing paper (50-pound or heavier and approximately 9-by-12 inches), an HB or No. 2 pencil and a 6B or 8B pencil, a kneaded eraser, a white pencil eraser, vine charcoal, and Micron extra fine permanent ink pen (size 0.5) or extra-fine black Sharpie. Learn a new way of seeing everyday objects. Instructor: Val Fry

Course	Day, Date	Time	Cost	Location
22924	Tu, 7/12-7/26	9:30-11:30 a.m.	\$40/\$50	Online
22925	Tu, 7/12-7/26	12-2 p.m.	\$40/\$50	Online

English Class

No textbook required. This conversation class is designed for those who want to practice English speaking and listening skills. Come ready to talk, meet people and smile!

Course	Day, Date	Time	Cost	Location
23004	W, 6/1-6/29	10 a.m.-12 p.m.	\$5/\$10	Online

Healing Plants **NEW!**

Plants form the main ingredients of medicines in traditional systems of healing and have been the source of inspiration for several major pharmaceutical drugs. Approximately 50,000 species of vascular plants have been used medicinally. Predominately, these plants are used in traditional remedies, food, personal care and perfumery; only around 100 plant species have contributed significantly to modern drugs. We'll examine plants used in both areas and the impact on biodiversity and sustainability of these plants.

Course	Day, Date	Time	Cost	Location
23028	Th, 6/16	1-2 p.m.	\$6/\$9	Online



Hello Summer **NEW!**

Join us for this fun and easy summer décor for your home or door. This craft measures 15 inches around and cut to create a 3D effect and also to make painting easier. Pick up supplies (wooden cut pieces, paint, brushes and glue) from Rockville Senior Center on Aug. 1 between 9 a.m.-4 p.m. Paint step-by-step together with instructor Tammy Brown on Zoom on August 2. Register by June 30.

Course	Day, Date	Time	Cost	Location
22987	Tu, 8/2	10 a.m.-12 p.m.	\$30/\$35	Online

Arts & Enrichment

History of Medicine in "Outlander"

Fictional character Claire Fraser has many medical adventures in both the Outlander books and TV series, dealing with plagues, poor nutrition and worse sanitation, charges of witchcraft and two revolutions. Learn how her 20th century skills as a nurse and doctor help (and hinder) in her medical practice in Scotland and North Carolina. Join Dr. Stephen Greenberg for an illustrated talk and discussion as early modern medicine meets a determined 20th century practitioner. Dr. Greenberg received his doctorate in early modern history from Fordham University and a library degree from Columbia University, specializing in rare books and archival management.

Course	Day, Date	Time	Cost	Location
23062	W, 6/15	10-11 a.m.	\$6/\$9	Online

Impressionism

Learn about the works of Impressionist and Post-Impressionist painters such as Monet, Degas, van Gogh and Cézanne, whose experiments with the effects of different conditions of light and paint application created a new way of seeing the world. The world these artists shared had much in common with our own era of rapid technological change and rise in standard of living. Participants will consider how such factors influenced Impressionism.

Course	Day, Date	Time	Cost	Location
23008	Th, 8/18	1-2 p.m.	\$6/\$9	Online

Life Cycle of a Plastic Bottle

Where does this fascinating journey of a plastic bottle take us? A dump? The ocean? Another plastic bottle? Take a journey and see, even a plastic bottle has a life cycle. Come and join us on this intriguing journey. You'll never look at a plastic bottle the same way again. Instructor: Marvin Adams.

Course	Day, Date	Time	Cost	Location
23048	Th, 8/11	11 a.m.-12 p.m.	\$6/\$9	Online

Life-Changing Power of Everyday Adventures

"The Adventures of ____" You fill in the blank. Where do you want to go next? What kind of adventure excites you? What about right here... close to home? These adventures can be just as exciting. How? See how everyday adventures can enrich your life. Instructor: Marvin Adams.

Course	Day, Date	Time	Cost	Location
23047	Th, 6/9	11 a.m.-12 p.m.	\$6/\$9	Online

Marylanders of Note

Maryland is famous for many things: blue crabs, the Ravens, John Hanson and of course Spiro Agnew. We are also home to the first railroad, first dental school and the first umbrella factory. This course will focus on some historic figures, politicians, scientists, authors, artists and more. Instructor: Joan Adams.

Chester Thompson

Chester Cortez Thompson, born in Baltimore, is best known for working with Frank Zappa and The Mothers of Invention. He started his musical journey learning to play the flute in elementary school, then changed from flute to drums. In the world of music, his contributions are well appreciated.

Course	Day, Date	Time	Cost	Location
22904	M, 6/6	10:30-11:30 a.m.	\$6/\$9	Online

David Hasselhoff

David Hasselhoff was born in Baltimore and starred in *Baywatch*, *Knight Rider* and *The Young and Restless*. He set a Guinness World Record for most watched man on TV. TV and movies are not his only claim to fame. He has appeared on Broadway and impacted the world of music. "The Hoff" is also a producer and businessman. He is a Marylander that has made his mark in entertainment history.

Course	Day, Date	Time	Cost	Location
22906	M, 7/11	10:30-11:30 a.m.	\$6/\$9	Online

Mosaic Art Class

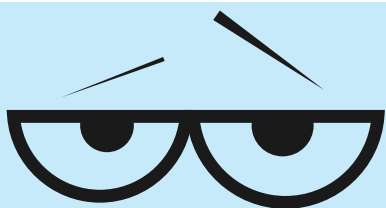
Learn how to design framed mosaic art with stained glass and other materials while harnessing your inner artist. Mosaics are fun to make, and once you learn how to do it, you can mosaic anything! All materials will be supplied by artist and art teacher Tracy L. Keating. The final class will be one hour.

Course	Day, Date	Time	Cost	Location
23063	Th, 7/7-7/28	10 a.m.-12 p.m.	\$50/\$60	RSC

Mystery Adventure

Do you miss traveling? Join us via Zoom from the comfort of your home as we explore new places. Be surprised as a live guide takes us on a tour of our mystery location with opportunities to ask questions. Space is limited and preregistration is required.

Course	Day, Date	Time	Cost	Location
22923	W, 6/8	10-11 a.m.	\$10/\$14	Online



Keep an Eye Out for Exciting Events July 11-15

Commemorating:

- 40th anniversary of the senior center
- 10th anniversary of the fitness center AND
- Recreation and Parks month!

Fun, fitness and friends – stay tuned!

Daily Lunch



Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.93). Reservations required 24 hours in advance: 240-314-8810.



Painting with Cathy

The instructor, Cathy Pasquariello, brings the instructions and all the supplies! No painting experience is required.

4th of July Glass

Show your patriotic side by taking this class to learn to paint red, white and blue, stars and stripes in preparation for the Fourth of July. A pil-sner, wine glass or plate will be offered to paint. You can use your creation to enjoy or serve an all-American treat. Your creation can be used year-round. Go USA!

Course	Day, Date	Time	Cost	Location
22993	Th, 6/2	10:30 a.m.-12:30 p.m.	\$12/\$15	RSC

Flamingo

Be tickled pink when you learn to paint beautiful pink flamingos. Take home two stemmed wine glasses that you will create. Perfect for summer entertaining. A "flamazing" fun class!

Course	Day, Date	Time	Cost	Location
22997	Th, 6/23	10:30 a.m.-12:30 p.m.	\$12/\$15	RSC

Lemonade Pitcher

What's more perfect than lemonade on a hot summer day? Learn to hand paint lemons on a pitcher that you will take home and enjoy for years to come. This happy, bright-yellow pitcher will be a perfect addition to your kitchen!

Course	Day, Date	Time	Cost	Location
22998	Th, 8/4	10:30 a.m.-12:30 p.m.	\$12/\$15	RSC

Arts & Enrichment

Penny for Your Story **NEW!**

Lend each other your ears. Question with respect. Listen with compassion. Satisfy your curiosity and harness your new companion's childhood story. In this five-week course, you'll enjoy the privilege of a peer's full attention while they unpack and transcribe your story, and you, theirs. Begin by learning the art of effective interviewing, notetaking and body language, and leave with a slice of your life on paper. Penny for your story? Instructor: Erin Vannella.

Course	Day, Date	Time	Cost	Location
22967	W, 7/13-8/10	11 a.m.-12 p.m.	\$34/\$42	Online

Piano Lessons

Learn fundamentals of rhythm, theory and note reading. Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required. Instructor: Connie Hughes.

Beginner/Continuing Piano

This class is ideal for the complete beginner. Instruction will be given on note reading, rhythm, theory and technique.

Course	Day, Date	Time	Cost	Location
22918	Tu, 7/12-8/23	9:15-10:15 a.m.	\$81/\$108	Online

Continuing Piano

This class is usually for those who have taken at least one course of piano lessons with our Senior Center instructor. Further instruction will be given on technique, note reading, rhythm and theory, while exploring different genres in music.

Course	Day, Date	Time	Cost	Location
22919	Tu, 7/12-8/23	10:30-11:30 a.m.	\$81/\$108	Online

Continuing Piano

Course	Day, Date	Time	Cost	Location
22920	Tu, 7/12-8/23	1-2 p.m.	\$81/\$108	Online

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Advanced Continuing Piano

This class is for those who can read both clefs, play with two hands simultaneously and have a good understanding of musical theory. Opportunity is given to explore different composers and genres. Prerequisite: Students must have taken at least one Continuing Piano Class at the Senior Center or meet the listed requirements.

Course	Day, Date	Time	Cost	Location
22921	Tu, 7/12-8/23	11:45 a.m.-12:45 p.m.	\$81/\$108	Online

Rockville Police Safety Tips for the Summer **NEW!**

Learn valuable safety information and tips from the Rockville City Police Department. This class will bring you some insight that will help you become better aware of your surroundings.

Course	Day, Date	Time	Cost	Location
23505	Th, 6/16	11 a.m.-12 p.m.	Free/\$4	RSC

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

Course	Day, Date	Time	Cost	Location
23005	Tu, 7/12	1-2 p.m.	Free	Online
	Tu, 8/9	1-2 p.m.	Free	Online
	Tu, 9/13	1-2 p.m.	Free	Online

Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Lidia Almidon.

Course	Day, Date	Time	Cost	Location
23003	Tu,Th, 7/5-8/4	12:30-2:30 p.m.	\$44/\$70	RSC
23002	M,W, 7/11-8/10	12:30-2:30 p.m.	\$44/\$70	RSC

Sugar Scrub **NEW!**

Treat yourself or someone you love to a homemade, boutique-worthy, natural sugar scrub crafted by YOU! Join Senior Center staff outdoors to make this wonderful scented, gentle exfoliation sugar scrub. All ingredients for the scrub will be supplied.

Course	Day, Date	Time	Cost	Location
23060	Tu, 8/16	10-11 a.m.	\$12/\$15	RSC

Through the Lens of Time 🕒

This summer, look at a few of "Time" magazine's products Americans have come to love: candy and ice cream. June is candy month, and July is ice cream month. The manufacturers also ran ads in other magazines and newspapers. Instructor: Joan Adams

History of Candy Bars

Americans love their sweets. This is an opportunity to get into the history of several well-known candy bars. So how did the U.S. get PAYDAY, Mr. Goodbar and several other candy celebrities?

Course	Day, Date	Time	Cost	Location
22907	M, 6/13	10:30-11:30 a.m.	\$6/\$9	Online

History of Eskimo Pie

Who doesn't like ice cream in the summer? What is the history of this "ready handling" treat? A look at Christian Nelson's great recipe and the inspiration behind it.

Course	Day, Date	Time	Cost	Location
22908	M, 7/18	10:30-11:30 a.m.	\$6/\$9	Online

Travel Tales **NEW!**

Share recent or long ago travel tales with Senior Center staff and members. Bring photos from a favorite trip or just your memories, and enjoy listening and sharing with others.

Course	Day, Date	Time	Cost	Location
23061	F, 8/19	10-11 a.m.	Free	Online

Watercolor: Exploring **NEW!**



Different Surfaces

Experiment with different watercolor surfaces. Four different surfaces will be used in this class, including yupo, gesso or watercolor ground applied to watercolor paper, Arches Oil Paper, and Masa Paper adhered to the watercolor paper. Enjoy a new way to paint using these different textured papers. The fee includes papers that will be prepared and available to all students for this course. Pick up paper at Rockville Senior Center during business hours one week before the class begins. Instructor: Val Fry.

Course	Day, Date	Time	Cost	Location
22958	Tu, 6/7-6/28	9:30-11:30 a.m.	\$55/\$65	Online
22961	Tu, 6/7-6/28	12-2 p.m.	\$55/\$65	Online

B Android Basics

Take a look at many of the installed apps on


City of
Rockville
Get into it

ROCKVILLE TOWN SQUARE PARKING UPDATE

2 HOURS
OF **FREE**
PARKING



NO
VALIDATION
REQUIRED





TRIP REGISTRATION: In-Person Lottery

Friday, May 13 • 10:30 a.m.

Senior Center members: Numbers distributed in random order, 10:15 a.m.

Monday, May 16

Nonmembers

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus or in a Rockville Senior Center bus for local adventures. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Call 240-314-8800 for more information.





Annapolis Mini Cruise

A 40-minute cruise highlighting historic Annapolis and the banks of the Naval Academy with water views of the Maryland State House and a glimpse of the Chesapeake Bay Bridge. Features a recorded narration, snacks and beverages available for purchase. Price includes charter transportation, leadership and cruise.

Course	Day, Date	Time	Cost	Meet At
23504	Tu, 6/14	9 a.m.-1 p.m.	\$50/\$65	Glenview



Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our annual crab feast at Fisherman's Crab Deck. An all-you-can-eat crab experience, the menu consists of soup, coleslaw, corn on the cob, chicken, hush puppies, crabs and ice-cream sundae. Trip includes charter transportation, leadership and lunch!

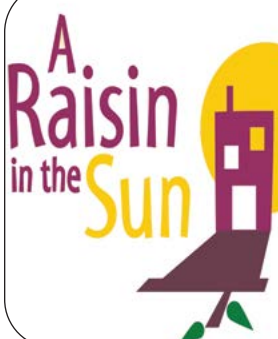
Course	Day, Date	Time	Cost	Meet At
23009	W, 8/24	9 a.m.-2:30 p.m.	\$83/\$115	Glenview



Ladew Gardens

Ladew Gardens, in the Maryland countryside, is deemed "one of the top 5 gardens in North America" and "the most outstanding topiary garden in America" by the Garden Club of America, and featured as one of "ten incredible topiary gardens around the world" by Architectural Digest. Fee includes charter transportation, garden tours, Manor House, Butterfly House and boxed lunch. lunch.

Course	Day, Date	Time	Cost	Meet At
23013	Tu, 7/12	7:45 a.m.-3:30 p.m.	\$70/\$85	Glenview



Olney Theatre Center's "A Raisin in the Sun"

National Players is honored to portray this award-winning drama with a universal story about an African American family dealing with prejudice, history, and a world where everything changes. Trip includes transportation by Senior Center bus and ticket to the show. *Masks and proof of COVID vaccination are required at all performances.

Course	Day, Date	Time	Cost	Meet At
23010	F, 6/3	9 a.m.-2 p.m.	\$20/\$25	RSC



Washington Nationals Baseball Game

Let's play ball as the Nats take on the Chicago Cubs. Enjoy the game in club-level seats, whatever the weather. Refreshments and restrooms are just a few steps away. Note: Food and beverages are on your own. Trip includes charter bus transportation, leadership and tickets.

Course	Day, Date	Time	Cost	Meet At
23019	W, 8/17	11 a.m.-5:30 p.m.	\$95/\$120	Glenview

your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with your friends and more.

Course	Day, Date	Time	Cost	Location
22975	M,W, 8/15-8/17	10 a.m.-12 p.m.	\$14/\$27	RSC
22989	M,W, 8/29-8/31	1-3 p.m.	\$14/\$27	RSC

B Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well-known charity, learn the signs of deception.

Course	Day, Date	Time	Cost	Location
22950	W, 7/20	1-3 p.m.	\$14/\$27	RSC
22977	Tu, 8/16	10 a.m.-12 p.m.	\$14/\$27	RSC
23023	Tu, 9/6	10 a.m.-12 p.m.	\$14/\$27	RSC

B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class.

Course	Day, Date	Time	Cost	Location
22947	M, 7/18	10 a.m.-12 p.m.	\$9/\$15	RSC
22966	M, 8/1	1-3 p.m.	\$9/\$15	RSC
23027	Th, 9/8	10 a.m.-12 p.m.	\$9/\$15	RSC
23037	Tu, 9/20	1-3 p.m.	\$9/\$15	RSC

B File Management

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile.

Course	Day, Date	Time	Cost	Location
22984	W, 7/13	1-3 p.m.	\$14/\$27	RSC
22948	Tu, 7/19	10 a.m.-12 p.m.	\$14/\$27	RSC
22970	W, 8/3	1-3 p.m.	\$14/\$27	RSC

B Flip Phone Basics

Learn the basics about your flip phone. Get

KEY: **B** = Beginner courses **I** = Intermediate courses
Handout fees included in price.

direction on what the icons mean on your screen and how to navigate through the buttons.

Course	Day, Date	Time	Cost	Location
22949	Tu, 7/19	1-3 p.m.	\$14/\$27	RSC
23025	W, 9/7	10 a.m.-12 p.m.	\$14/\$27	RSC

B Gmail basics

Log in and start exploring organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

Course	Day, Date	Time	Cost	Location
22954	Tu, 7/26	1-3 p.m.	\$14/\$27	RSC
23041	Tu, 9/27	10 a.m.-12 p.m.	\$14/\$27	RSC

B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

Course	Day, Date	Time	Cost	Location
22985	W, 8/24	1-3 p.m.	\$9/\$15	RSC

B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required.

Course	Day, Date	Time	Cost	Location
22931	W, 7/6	10 a.m.-12 p.m.	\$14/\$27	RSC
22968	Tu, 8/2	10 a.m.-12 p.m.	\$14/\$27	RSC
23032	Tu, 9/13	10 a.m.-12 p.m.	\$14/\$27	RSC

B Simple Typing Tips

Basic typing techniques.

Course	Day, Date	Time	Cost	Location
22978	Tu, 8/16	1-3 p.m.	\$5/\$11	RSC

B Using Right Click-Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures.



Stay Alert... Sign up for [rockville md.gov/alerts](http://rockville.md.gov/alerts) and receive alerts about important information in your community.

Create or delete shortcut icons on your desktop, emails, and documents.

Course	Day, Date	Time	Cost	Location
22979	W, 8/17	1-3 p.m.	\$14/\$17	RSC

B Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store and Edge (the new browser). Learn to navigate these features and more.

Course	Day, Date	Time	Cost	Location
22941	M,W, 7/18-7/20	10 a.m.-12 p.m.	\$24/\$37	RSC
23031	M,W, 9/12-9/14	1-3 p.m.	\$24/\$37	RSC

B Microsoft Paint

Microsoft Paint is a free drawing tool on your computer that you can use to create or elaborate drawings. You can use it for your desktop background, to paste in another document or to view and edit scanned photos.

Course	Day, Date	Time	Cost	Location
22969	Tu, 8/2	1-3 p.m.	\$14/\$27	RSC

B Windows PC Backup

When and how do I backup my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

Course	Day, Date	Time	Cost	Location
22933	F, 7/8	8-10 a.m.	\$14/\$27	RSC
22983	Tu, 8/23	10 a.m.-12 p.m.	\$14/\$27	RSC
23021	Th, 9/1	8-10 a.m.	\$14/\$27	RSC

B Yahoo Mail Basics

Login and start exploring organizational tools for your email! Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

Course	Day, Date	Time	Cost	Location
22953	Tu, 7/26	10 a.m.-12 p.m.	\$14/\$27	RSC
23042	Tu, 9/27	1-3 p.m.	\$14/\$27	RSC

I Forgot My Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset

them requires patience. Learn some tips so that you can regain access to your devices.

Course	Day, Date	Time	Cost	Location
22982	M, 8/22	1-3 p.m.	\$14/\$27	RSC

I I Have a Question

Calling a company's support department can be a hassle. Going through the countless menus can be equally frustrating. Got a question, ask the teacher. You can even learn from questions of others.

Course	Day, Date	Time	Cost	Location
22951	Th, 7/21	8-10 a.m.	\$14/\$27	RSC
22986	Th, 8/25	8-10 a.m.	\$14/\$27	RSC
22991	Tu, 8/30	1-3 p.m.	\$14/\$27	RSC
23038	Th, 9/22	8-10 a.m.	\$14/\$27	RSC

I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel.

Course	Day, Date	Time	Cost	Location
22929	Tu,Th, 7/5-7/14	1-3 p.m.	\$24/\$37	RSC
23035	M,W, 9/19-9/28	10 a.m.-12 p.m.	\$24/\$37	RSC

I Microsoft Word

Learn to line up text, collate a list, and make documents look professional.

Course	Day, Date	Time	Cost	Location
22981	M,W, 8/22-8/29	10 a.m.-12 p.m.	\$24/\$37	RSC

I Optimize your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class.

Course	Day, Date	Time	Cost	Location
22936	M,W, 7/11-7/13	10 a.m.-12 p.m.	\$14/\$27	RSC
22990	Tu,W, 8/30-8/31	10 a.m.-12 p.m.	\$14/\$27	RSC
23024	Tu,Th, 9/6-9/8	1-3 p.m.	\$14/\$27	RSC

I PC Malware

Malware is any piece of software which is intended to cause harm to your system or network.

Malware is different from normal programs in a way that most of them have the ability to spread itself in the network, remain undetectable, cause changes/damage to the infected system or network. Learn how to prevent your PC from being ruined.

Course	Day, Date	Time	Cost	Location
22976	M, 8/15	1-3 p.m.	\$14/\$27	RSC
23033	Tu, 9/13	1-3 p.m.	\$14/\$27	RSC

I PC Troubleshooting

Learn basic troubleshooting techniques and solve your computer problems.

Course	Day, Date	Time	Cost	Location
22965	M,W, 8/1-8/3	10 a.m.-12 p.m.	\$14/\$27	RSC

I Using Cortana

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

Course	Day, Date	Time	Cost	Location
22957	Th, 7/28	8-10 a.m.	\$14/\$27	RSC
22971	M, 8/8	10 a.m.-12 p.m.	\$14/\$27	RSC

I Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available.

Course	Day, Date	Time	Cost	Location
22974	W, 8/10	10 a.m.-12 p.m.	\$14/\$27	RSC

I Using Google Drive

Google Drive is used to backup mobile devices, share large documents work on projects to name a few. Sync your devices to make file sharing easier.

Course	Day, Date	Time	Cost	Location
22938	Tu, 7/12	10 a.m.-12 p.m.	\$14/\$27	RSC
23026	W, 9/7	1-3 p.m.	\$14/\$27	RSC

I All Things Google

Ever wonder about those nine little boxes

forming a square in the upper-right corner of any Google page? They're a portal into a whole new Google world, with calendars, maps, photos and anything else you can think of to make your time online more productive, useful and fun.

Course	Day, Date	Time	Cost	Location
22928	Tu,Th, 7/5-7/7	10 a.m.-12 p.m.	\$14/\$27	RSC
23030	M,W, 9/12-9/14	10 a.m.-12 p.m.	\$14/\$27	RSC

Practice Lab

Practice the skills you learned in classes during open lab.

Course	Day, Date	Time	Cost	Location
22934	Th, 7/14-9/29	10 a.m.-12 p.m.	Free	RSC
22935	F, 7/8	10 a.m.-12 p.m.	Free	RSC
23029	F, 9/9	10 a.m.-12 p.m.	Free	RSC

Using Dropbox

Dropbox is a cloud storage service that lets you save files online and sync them to your devices. You can use Dropbox links to share files and folders with other people without sending large attachments.

Course	Day, Date	Time	Cost	Location
22939	Tu, 7/12	1-3 p.m.	\$14/\$27	RSC

I Using Quick Keys

Ever wondered what the keys on the top of the keyboard mean? This class will guide you through the actions on each.

Course	Day, Date	Time	Cost	Location
22952	M,W, 7/25-7/27	10 a.m.-12 p.m.	\$14/\$27	RSC

I Windows 11 Tips

With the rollout of Windows 11, learn how to navigate the newest Windows platform.

Course	Day, Date	Time	Cost	Location
22972	M,W, 8/8-8/10	1-3 p.m.	\$14/\$27	RSC
23040	M,W, 9/26-9/28	1-3 p.m.	\$14/\$27	RSC

I Windows Security

Is your device or computer protected? Are you scanning for malware on a regular basis? Let's

examine the best way to secure your computer and other devices.

Course	Day, Date	Time	Cost	Location
22932	W, 7/6	1-3 p.m.	\$14/\$27	RSC
22973	Tu, 8/9	10 a.m.-12 p.m.	\$14/\$27	RSC
23036	Tu, 9/20	10 a.m.-12 p.m.	\$14/\$27	RSC

Zoom Help

Course	Day, Date	Time	Cost	Location
22937	M, 7/11	1-3 p.m.	Free	RSC
22940	Th, 7/14	8-10 a.m.	Free	RSC
22980	Th, 8/18	8-10 a.m.	Free	RSC
23043	Th, 9/29	8-10 a.m.	Free	RSC

Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses



Rockville Villages

What are villages? Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do? Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information: Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov, www.rockvillemd.gov/rockvillages or www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html

Know anyone 60+ who needs our help?

We're here as a helping hand for your older neighbors, friends or relatives.

- ✓ Food & Financial Assistance
- ✓ Counseling & Outreach
- ✓ Support
- ✓ Transportation
- ✓ Connecting with Peers
- ✓ Grocery Shopping



- ✓ Home Maintenance
- ✓ Health, Wellness, Technology & Education



Call 240-314-8800.

Email SeniorCenter@rockvillemd.gov.
Visit www.rockvillemd.gov/397/Services.

Rockville Seniors, Inc. (RSI) A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: www.rockvillemd.gov/boardsandcommissions



Did you know?

The Rockville Senior Center has a specialized computer lab that hosts 15 Window PC desktops? You may also bring your own laptop to class to learn from your own device.

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

Monday, Wednesday & Friday: 7 a.m.-5 p.m. • Tuesday & Thursday: 7 a.m.-7 p.m. • Saturday: 9 a.m.-1 p.m.

Fitness Center Membership Fees: \$90/year (Must be a Senior Center member)

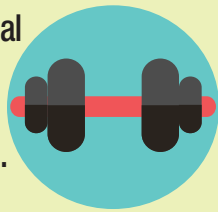
www.rockvillemd.gov/seniorcenter • 240-314-8800

Fitness Room Membership

Fitness memberships are an additional purchase to center membership. Basic Machine Training is required and is an additional \$15 one-time fee.

Fitness Membership Rates:

3 months: \$22; 6 months: \$45; 1 year: \$90



on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower- back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
22841	Tu, 6/28-8/23	5-5:45 p.m.	\$42/\$60	Online

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
22861	Tu,Th, 6/28-8/25	11 a.m.-12 p.m.	\$60/\$75	RSC
22862	Tu,Th, 6/28-8/25	11 a.m.-12 p.m.	\$53/\$75	Online

Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic



Hydrate! It's important to stay hydrated throughout your workout.

yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please have a yoga sticky mat available to use. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
22867	Tu,Th, 6/28-8/25	2:15-3:15 p.m.	\$65/\$94	Online

All Day Exercise **NEW!**

Would you like to try a new exercise class to help spice up your fitness routine? Preview many classes that will be offered this fall. We'll have several free, 25-minute class demonstrations offered throughout the day. Try as many as you like. Some virtual options will be included.

Course	Day, Date	Time	Cost	Location
22996	W, 8/31	10 a.m.-2 p.m.	Free	Hybrid

Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina to maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
22860	Tu,Th, 6/28-8/25	1-2 p.m.	\$53/\$75	Online

Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises

Did you know?

Rockville Senior Services home maintenance coordinator is available onsite at the Rockville Senior Center to help city residents ages 60-plus evaluate home safety and repairs.

in this basic balance class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
22839	M, 6/27-8/29	1:15-2 p.m.	\$42/\$52	RSC
22835	M, 6/27-8/29	1:15-2 p.m.	\$33/\$48	Online

Balance Challenge

This advanced balance class improves coordination, muscle strength, and challenges your balance and mind for everyday active living. Weights and additional equipment will be used during class. Appropriate for the active participant. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
22840	W, 6/29-8/24	1:15-2 p.m.	\$42/\$52	RSC

Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
22830	F, 7/1-8/26	10-10:45 a.m.	\$33/\$48	Online

Belly Dance – Intermediate

Enjoy an expressive, exciting and energetic activity. Intermediate belly dance can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. This class is for students who have some experience with belly dance and can move to an intermediate level. Intermediate belly dance covers intense multi layered shimmies, complex combinations, travel steps and choreography. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
22831	Tu, 6/28-8/23	3:30-4:15 p.m.	\$33/\$48	Online

Caribbean Dance Party

Learn how to dance salsa, cha cha, guaguancó,

and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You will combine the steps learned to create fun Caribbean dances. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
22832	F, 7/1-8/26	5-5:45 p.m.	\$33/\$48	Online

Chair Cardio

Enjoy fun moves while seated! Combine upper and lower body movements, which gives the body a total workout while listening to great music. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
22833	W, 6/29-8/24	9-9:45 a.m.	\$33/\$48	Online

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. Instructor: Sharon Ramsey.

Course	Day, Date	Time	Cost	Location
22846	M,W, 6/27-8/29	11 a.m.-12 p.m.	\$55/\$62	RSC

Chairobics

This class offers a variety of movements to get your heart pumping and your muscles working while using a variety of equipment. Most exercises will be done seated. Some standing exercises will be offered. Instructor: Tony Edghill.

Course	Day, Date	Time	Cost	Location
22836	F, 7/1-8/26	12:15-1:15 p.m.	\$35/\$48	RSC

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Adam Helfer.

Course	Day, Date	Time	Cost	Location
22851	F, 7/1-8/26	12:15-1 p.m.	\$55/\$72	RSC

Drums Alive

Try this exciting class using a stability ball and

Did you know? All of our fitness instructors and personal trainers are nationally certified.

Fitness and Sports

drum sticks. Get your heart pumping, strengthen your lungs and improve endurance. This class is adaptable to most fitness levels. Equipment available on request. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
22834	Th, 6/30-8/25	12:05-12:50 p.m.	\$33/\$48	Online

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
22838	F, 7/1-8/26	11:15 a.m.-12 p.m.	\$35/\$50	Online

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
22849	M,W, 6/27-8/29	10-10:50 a.m.	\$58/\$66	RSC
22850	M,W, 6/27-8/29	10-10:50 a.m.	\$45/\$66	Online

Fitness Workshop - It's All About Good Posture! **NEW!**

This workshop will review the two types of posture: Dynamic posture is how you hold yourself while moving, such as walking, running or bending. Static posture is how you carry yourself while standing still or sleeping. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
22823	Th, 6/16	1:30-2:45 p.m.	\$15	RSC

Forever Fit

Receive a total-body workout that combines

cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Instructor: TBA.

Course	Day, Date	Time	Cost	Location
22864	Tu,Th, 6/28-8/25	10-10:50 a.m.	\$56/\$81	Online
22865	Tu,Th, 6/28-8/25	10-10:50 a.m.	\$65/\$81	RSC

Forever Fit, Fun & Food Outdoor Special **NEW!**

Join this one-time outdoor special program! Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Please bring your own bands and weights. Location: Back Parking Lot-Rockville Senior Center. Light refreshments will be served after class. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
23044	Tu, 6/21	10-11:30 a.m.	\$5	RSC

Functional Movement

This class focuses on developing a wide variety of skills; including strength, balance and flexibility. Exercises help participants with skills that are used in everyday activities. This class incorporates the use of mats, resistance tubing and weights. Instructor: Keith Federman.

Course	Day, Date	Time	Cost	Location
22859	Th, 6/30-8/4	3-3:45 p.m.	\$55/\$72	RSC

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
22845	Sa, 7/2-8/27	10-11 a.m.	\$44/\$62	Online

On Your Feet — Yoga Blend

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Fitness Club members only.

Virtual options are available.

One:	One-Hour Session: \$55	Fitness Rm
Two:	One-Hour Sessions: \$110	Fitness Rm
Three:	One-Hour Sessions: \$160	Fitness Rm
Six:	One-Hour Sessions: \$289	Fitness Rm
Ten:	One-Hour Sessions: \$450	Fitness Rm

Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. Must be a fitness room member. Register at the front desk and your Fitness Buddy will contact you to schedule your appointment. \$15.

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
22844	M, 6/27-8/29	2:15-3 p.m.	\$46/\$62	Online

Outdoor Group Training

This outdoor, strength-building class is designed to improve strength, flexibility, and balance using the fitness equipment located behind the senior center. Intensity may be modified to suit most fitness levels. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
22858	W, 6/29-8/24	9-9:45 a.m.	\$55/\$72	RSC

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
22856	W, 6/29-8/24	1:15-2 p.m.	\$55/\$72	Online

Piloxing®–Pilates. Boxing. Dance.

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing and dance moves that keep your pulse high. This workout will get you excited about working out again, not only for the physical aspect, but also because it's so much fun! Notice stronger, longer and leaner muscles, improved flexibility, better muscle control and better coordination. Your metabolism will go into overdrive. For the active participant. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
22842	W, 6/29-8/24	1:15-2 p.m.	\$45/\$60	Online

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Fitness Club members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
22870	Weekdays, 6/27-9/9	9 a.m.-4 p.m.	\$375	RSC

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Fitness Club members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
22869	Weekdays, 6/27-9/9	9 a.m.-4 p.m.	\$375	RSC

Salsa, Stretch, and Sip **NEW!**

Enjoy 20 minutes of salsa, followed by 20 minutes of stretches, including some basic yoga poses and a relaxation segment. Finish the hour with time for new friends and light refreshments. Instructor: Tony Edghill & Melizza Ford.

Course	Day, Date	Time	Cost	Location
23059	F, 6/17	10:30-11:30 a.m.	\$5	RSC

Small Group Interval Training

This class will take place in the Rockville Senior Center fitness center and will use a combination of the machines and free weights. It will include a wide variety of exercises using all major muscle groups. Space is limited. Instructor: Keith Federman.

Course	Day, Date	Time	Cost	Location
22857	Th, 6/30-8/4	2-2:45 p.m.	\$55/\$72	RSC

Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat. Instructor: Sharon Ramsey.

Course	Day, Date	Time	Cost	Location
22863	Tu,Th, 6/28-8/25	9-9:45 a.m.	\$65/\$81	RSC

Total Body Fit

This class gives you a full body workout using a combination of cardio and resistance training exercises. Most exercises are done seated or standing. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
22866	M,W, 6/27-8/29	12:15-1:05 p.m.	\$65/\$81	RSC
22995	Tu,Th, 6/28-8/25	9-9:45 a.m.	\$56/\$81	Online

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
22855	M, 6/27-8/29	9-9:45 a.m.	\$55/\$72	RSC
22853	M, 6/27-8/29	9-9:45 a.m.	\$44/\$72	Online
22854	F, 7/1-8/26	9-9:45 a.m.	\$55/\$72	RSC
22852	F, 7/1-8/26	9-9:45 a.m.	\$44/\$72	Online

Walking On Sunshine **NEW!**

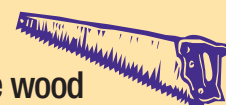
Join us on this virtual walk while viewing beautiful summer scenery from different parts of the world. Walk with us more than 2 miles in the comfort of your own home. Seated instruction will also be available. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
22819	Th, 6/23	10-11 a.m.	Free	Online

Walking Series: Brookside **NEW!**

Did you know?

A staff member is available in the wood shop on Thursdays from 10 a.m.-noon for machine questions.



Gardens

Enjoy the outdoors with this seasonal event. Join this walking series to increase your fitness level while experiencing some of our beautiful local trails. This program is designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
23045	W, 6/15	10 a.m.-2 p.m.	\$12/\$15	RSC

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. This class includes work done on the mat. Wednesday class will be held in the Carnation Room. Instructor: Betty Figliore.

Course	Day, Date	Time	Cost	Location
22868	W, F, 6/29-8/26	10-11 a.m.	\$98/\$119	RSC

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. Instructor: Melizza Ford, Tony Edghill.

Course	Day, Date	Time	Cost	Location
22829	M, 6/27-8/29	5-5:45 p.m.	\$33/\$48	Online
22828	W, 6/29-8/24	5-5:45 p.m.	\$33/\$48	Online
22837	F, 7/1-8/26	1:30-2:15 p.m.	\$35/\$48	RSC

Sports – Instructional

Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
22827	M, 7/11-8/15	1-2 p.m.	\$35/\$42	RSC
22826	Tu, 7/12-8/16	1-2 p.m.	\$35/\$42	RSC

Table Tennis – Intermediate

This class is for those who have a basic knowl-

edge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
22824	W, 7/13-8/17	1-2 p.m.	\$35/\$42	RSC
22825	F, 7/15-8/19	1-2 p.m.	\$35/\$42	RSC

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. For Senior Center members only. Registration is required.

Course	Day, Date	Time	Cost	Location
21872	Tu, Th, 4/5-10/27	10-11 a.m.	Free	RSC

Bocce Ball Tournament

Enjoy an entertaining, fun and social morning. Our tournament is open to all Rockville Senior Center members. Tournament participants must register. Free program.

Course	Day, Date	Time	Cost	Location
23561	Th, 7/21	10 a.m.-12 p.m.	Free	RSC

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Bowl with us, new members welcome. A weekly fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

Course	Day, Date	Time	Location
23597	Th, 6/2-8/25	1-3 p.m.	Bowl America

Senior Duffers

Join the 2022 golf Season. Play is arranged at local golf courses. This is not a teaching activity. All levels of ability are invited to join. All additional fees paid directly to the course on day of play. Registration is required.

Course	Day, Date	Time	Cost	Location
21871	M, 4/25-9/26	7-11 a.m.	\$7/\$9	Local Courses

Better Breather's Club

Facilitated by American Lung Association-trained

Forever Fit, Fun & Food Outdoor Special

Join this one-time outdoor special program! Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Please bring your own bands and weights. Light refreshments served after class. Location: Back Parking Lot-Rockville Senior Center. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
23044	Tu, 6/21	10-11:30 a.m.	\$5	RSC



All Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? Preview many classes that will be offered this fall. We'll have several free, 25-minute class demonstrations offered throughout the day. Try as many as you like. Some virtual options will be included.

Course	Day, Date	Time	Cost	Location
22996	W, 8/31	10 a.m.-2 p.m.	Free	Hybrid



Time to check in and meet up with the personal training staff at the Senior Center

Beginning the month of May, the Fitness Department will be offering FREE fitness assessments to fitness members. *This offer is for a limited time only.* Register for this free assessment at the trainers desk!



Alisa Bruce



Tony Edghill



Keith Federman



Paula Ohlandt



Martine Owen



Lee Rideout



Noelia Serrano-Gonzalez



Pete Tamayo

instructor – Kerri Donnelly; director of business development/community relations with Marquis Health Services Collingwood Rehabilitation and Healthcare Center. The club meets monthly and features educational presentations on a range of topics and tips including, how lung disease affects the lungs, breathing techniques, exercise, talking with your physician, medication and other treatment options, and more. Meets third Thursdays of each month.

Course	Day, Date	Time	Cost	Location
23177	Th, 7/21, 8/18, 9/15	1-2 p.m.	Free	RSC

Building Resilience

Dealing with change or loss is an inevitable part of life but how quickly are you able to recover from it? Resilience is what helps people bounce back from setbacks and harness the strength to cope with stress and hardship. Suburban Hospital's outpatient program therapist Jim French will discuss techniques to build resilience, allowing you to work through negative feelings and overcome adversity.

Course	Day, Date	Time	Cost	Location
23610	Th, 8/25	1-2 p.m.	Free	RSC

Effective Communication with Your Healthcare Provider

Communication with your health-care provider is essential to your health. How do you do it effectively when time is short and you are feeling stress? Discuss strategies and tips to help you navigate communication barriers, avoid miscommunication that could lead to medical errors and be more confident and in control. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
23177	Tu, 8/2	1-2 p.m.	Free	RSC

Fall Risk Screening

Do you know someone who has fallen recently? Do you know that falls are the leading cause of brain injury? Receive fall-prevention education from Adventist Rehabilitation Hospital staff and complete a questionnaire to assess your risk of falls. Either receive exercises to do at home or be referred for outpatient physical therapy.

Course	Day, Date	Time	Cost	Location
23014	Tu, 9/13	1-2:30 p.m.	Free	RSC

Relief from Back Pain

8 out of 10 people experience back pain at some point during their lives back. Join Dr. Carlos Martinez, DPT from CAM Physical Therapy and Wellness Services to learn ways to relieve your back pain and how a physical therapist can help.

Course	Day, Date	Time	Cost	Location
23016	W, 9/7	1-2 p.m.	Free	RSC

Safety Stuff in the Home: What Is It and Do I Really Need It?

Experts and educators from the Montgomery County Fire and Rescue Service will provide an informative and engaging look at the fire safety and other safety equipment in your home. What are the devices? How many do you need and are they in the correct location(s)? How do they work, but even more important, how can you tell that they will work to protect you?

Course	Day, Date	Time	Cost	Location
23012	W, 7/6	1-2:30 p.m.	Free	RSC

Shoulder Injuries and Treatments

Are you having any shoulder pain or had any injuries? Dr. Carlos Martinez, DPT from CAM Physical Therapy and Wellness Services, will discuss the anatomy of your shoulder, how a physical therapist can help you, and strategies to manage your pain.

Course	Day, Date	Time	Cost	Location
23015	W, 8/3	1-2 p.m.	Free	RSC

Stress Reduction/Meditation

This class offers the tools to focus, relax, and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress-reduction classes for over 30 years.

Course	Day, Date	Time	Cost	Location
23020	M, 7/11-8/29	1-2 p.m.	\$24/\$32	Hybrid

SOS! (Saving Our Skin)

Skin changes are an inevitable part of the aging process, but what is normal versus what is cause for concern? This presentation will cover the science behind skin aging, discuss various skin conditions that are seen in aging skin, and review best practices for skin protection. Presented by Joan Pohutsky, DNP, APRN, NP-BC, nurse practitioner from Anne Arundel Dermatology.

Course	Day, Date	Time	Cost	Location
23611	Th, 7/28	1-2 p.m.	Free	RSC

Summer Sun, Food and Fun!

Learn and share mouthwatering recipes that are healthy, easy and quick to make, whether cooking for one or a potluck. Share favorite recipes and photos to be included in the program by email to bskraban@adventisthealthcare.com. Session will cover recipes including gluten free, vegan/vegetarian protein, packed low carb, and your favorites. An e-cookbook will be compiled and sent to all participants! Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
23018	Tu, 7/12	1-2 p.m.	Free	RSC

What is Immunotherapy for Cancer Treatment

In this program we will learn terminology to differentiate between chemotherapy, targeted therapy, and immunotherapy in the treatment of cancers. The mechanism of action of different immunotherapies will be discussed and we will learn which cancers are currently being treated with immunotherapies. Presented by Dr. Mark Goldstein, oncology and hematology.

Course	Day, Date	Time	Cost	Location
23152	W, 8/17	1-2 p.m.	Free	RSC

Skin Care Clinic

You will be seen by a certified dermatology PA and referred to a local doctor/specialist if necessary. Call: On-Site Dermatology 1-877-345-5300 for an appointment. Your insurance will be billed. Tele visits are available. For questions call Betty Figlure, Wellness Coordinator, RSC, 240-314-8803 or bfiglure@rockvillemd.gov.



Flu Shot Clinic

Tuesday, Sept. 20,
10 a.m.-1 p.m.;
Sr. Ctr.

Vaccines given by Giant Pharmacists. Must bring your insurance card (if you do not have insurance you may pay cash). Please register by calling 240-314-8800 and indicate if you prefer regular dose or instead of high dose.



Finding a Happy Balance

Every year, one out of three adults aged 65 and older experiences an unexpected fall. In most cases, falls can be prevented. A Suburban Hospital physical therapist will share practical and useful changes that can be made at home and on the move to prevent falls.

Course	Day, Date	Time	Cost	Location
23565	Th, 9/22	1-2PM	Free	Online



Stay Alert...

Sign up for rockvillemd.gov/alerts and receive alerts about important information in your community.

Coding for Beginners

On day one, let's sit back and explore some of the conceptual and material advances that allowed us to achieve our computerized society. We will focus on the specific areas of simulation, modeling, computer graphics and block coding. On day two and three, try a hands-on introduction to visual coding language, using the Scratch program.

Course	Day, Date	Time	Cost	Location
23615	F 7/8-7/29	10 a.m. -12 p.m.	\$4/\$8	RSC

Decluttering 101

A virtual 8 week course to discover effective ways to declutter. Carrie Noel-Nosbaum, owner, Carrie It Away, will instruct. The course builds community and a support network for participants to reach their goals.

Course	Day, Date	Time	Cost	Location
23573	F, 8/19-10/7	10 -11 a.m.	\$30/\$45	Online

Drones

Lecture will cover the basics about drones: what they are, who uses them and why. Touch on some of the exciting new ways drones are being used--from delivering Kindles and popcorn via Amazon Prime Air to delivering much needed medicine to remote areas of Africa.

Course	Day, Date	Time	Cost	Location
23007	TBD		Free	Online

Grupo de Apoyo Hispano

Recibir apoyo sin juzgar; Creando un espacio para compartir sentimientos- Guiado José Hernández, Terapeuta bilingüe de Affiliated Santé Group.

Course	Day, Date	Time	Cost	Location
23579	Th, 7/7-9/29	12-1 p.m.	Free	RSC

Meet the New Outreach Employee

Mariella Correal in the Support Services department.

Instagram Basics

You've heard about Instagram. Learn about this visually oriented sharing platform, one of the most exciting of the social media sites. This lecture offers an overview of some of Instagram's more popular features and will give you a taste of what all the fuss is about.

Course	Day, Date	Time	Cost	Location
23051	TBD		Free	Online

Respite Care

The challenge of caring for a frail older adult or family member with disabilities is a difficult reality for many Montgomery County families. Caregiving is a demanding job and caregivers need occasional breaks so they can return to their duties refreshed. These breaks are called "respite." The Arc Montgomery County can coordinate short-term respite for unpaid, primary caregivers who live in the same household. Learn more about the program and how to apply.

Course	Day, Date	Time	Cost	Location
23612	Tu, 7/26	10-11:30 a.m.	Free	RSC

Rockville Housing

The City of Rockville's Moderately Priced Dwelling Unit (MPDU) program offers affordable rents. Learn the different properties and how to apply.

Course	Day, Date	Time	Cost	Location
23058	Tu, 7/19	10-11 a.m.	Free	Online

Senior Health Assistance Program - SHIP

This free, one-hour seminar on the State Health Insurance Assistance Program (SHIP) will help residents learn about costs-savings strategies with Medicare. Did you know there are Medicare and other resources that can help pay for your prescription drugs? Do you know what alternatives are available in Montgomery County that may help you receive healthcare, dental and vision care? Learn about how to make the most of your Medicare benefits.

Course	Day, Date	Time	Cost	Location
23049	Th, 7/28	10 a.m.-12 p.m.	Free	RSC

Scams, Fraud and Cons

An interactive discussion on the most common scams targeting older adults, including how to identify scams, how to protect yourself, and information on reporting.

Course	Day, Date	Time	Cost	Location
23050	W, 8/10	10-11 a.m.	Free	Online

Positive Aging Programs

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

Adaptability

How do you manage change? When things happen unpredictably, how do you cope? What about those changes you know are coming - do you prepare yourself in time? How does uncertainty affect you? This group will suggest strategies for dealing with change and uncertainty so that you might become more flexible and creative as you adjust. Learn ways to thrive while using surprises and unpredictability to your advantage. Meets first and third Tuesday of each month.

Course	Day, Date	Time	Cost	Location
23572	Tu, 7/5-9/20	1-2:30 p.m.	Free	Online

Women Living Alone

This is a long-standing, open-enrollment support group in which members support each other by listening, expressing concern, and offering tips, suggestions and advice, when solicited. Meets first and third Thursday of each month.

Course	Day, Date	Time	Cost	Location
23052	Th, 7/7-9/15	1-2:30 p.m.	Free	Online

Managing Stress During the Pandemic

An ongoing support and educational group to help people cope with isolation, anxiety, depression, loss, etc., originally brought on by the COVID-19 pandemic. Participants learn coping skills from facilitator and from each other. Meets every Friday.

Course	Day, Date	Time	Cost	Location
23053	F, 7/1-9/30	11 a.m.-12 p.m.	Free	Online

Brain Games

It's back (again)! Our brains change as we get older, but with regular brain exercise, we can improve our mental functioning, such as long-term memory, working memory, executive functioning, attention to detail, and processing speed. Join the fun and work your brain as you harmoniously compete with your peers in various games and puzzles. Meets second and fourth Tuesday of each month.


Course	Day, Date	Time	Cost	Location
23054	Tu, 7/12-9/27	1-2:30 p.m.	Free	Online

Living Alone (for Men and Women)


This group provides an opportunity for men and women, living alone, to socialize, discuss topics of interest, share challenges, and support each other. Meets second and fourth Thursday of each month.

Course	Day, Date	Time	Cost	Location
23055	Th, 7/14-9/22	1-2:30 p.m.	Free	Online


Be the first to take REDI's upcoming business survey



So-so




Good



Perfect

Sign up at:

<https://lp.constantcontactpages.com/su/28k8tBD>



ROCKVILLE
ECONOMIC DEVELOPMENT, INC.
MARYLAND
In the Business of Connection

Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.93). Reservations required 24 hours in advance: 240-314-8810.

Questions?

Call 240-314-8800 or
email
seniorcenter@rockvillemd.gov

Developing Villages in Rockville

Twinbrook Village

Contact: twinbrookvillage@gmail.com

King Farm Neighbors Village

Contact: kfnvinfo@gmail.com
301-799-8104

Pump House Village (East Rockville)

Contact: pumphousevillage@gmail.com
New groups in development: Town Center Area, Hungerford and West End.

For more information, contact:

Trish Evans, village facilitator
pevans@rockvillemd.gov



Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or grocery store?

Monday to Friday: Pick up (for those who call in advance schedule): Approx. 9 a.m. and approx. 11 a.m.
Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older.

Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact:

Mariella Correal at 240-314-8816,
or Andrea Rogers at 240-314-8817.

Benefits of Senior Center Membership Include:

Discounts on Senior Programs
Discounts on Rentals
DVD Rentals
Eligibility to Join the Fitness Center
Early Class Registration
Drop-in Programs
Discounts on all
Rockville Adult Classes
Eligibility for Senior Garden Plots

Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services

General Information

Registration Begins:

- Member registration begins Tuesday, May 3
- Nonmember registration begins Thursday, May 5.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued. Cash and checks under the amount of \$15 for programs will be put onto the patrons account as a credit if classes are canceled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- Senior Center memberships are refundable on a prorated basis with proper medical or other requested documentation.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Memberships:

- Senior Center Memberships are refundable on a prorated basis with proper medical or other requested information.

Most convenient method. 7 days a week.

1. Online:

www.rockvillemd.gov/recreation

2. Fax to:

Rockville Senior Center: 240-314-8809

3. Mail to:

Rockville Senior Center
1150 Carnation Drive, MD 20850

4. Walk-In:

The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute a tax deductible donation, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration.

Online Donation	Course #s
\$10	#2239
\$25	#2240
\$50	#2241
\$75	#2242
\$100	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center
1150 Carnation Drive, Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Registration Form

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Senior Center Happenings:

Flu Shot Clinic

Vaccines given by Giant Pharmacists.

Must bring your insurance card (if you do not have insurance you may pay cash). Please register by calling 240-314-8800 and indicate if you prefer regular dose instead of high dose.

Tuesday, Sept. 20 • 10 a.m.-1 p.m. • Sr. Ctr.

Salsa, Stretch and Sip

Enjoy 20 minutes of salsa, followed by 20 minutes of stretches, including some basic yoga poses and a relaxation segment. Finish the hour with time for new friends and light refreshments. Instructor: Tony Edghill, Melizza Ford.

Friday, June 17 • 10:30-11:30 a.m. • \$5 • Sr. Ctr.

Fitness Workshop - It's All About Good Posture!

This workshop will review the two types of posture: Dynamic posture is how you hold yourself while moving, such as walking, running, or bending. Static posture is how you carry yourself while you are standing still or sleeping. Instructor: Paula Ohlandt.

Thursday, June 16 • 1:30-2:45 p.m. • \$15 • Sr. Ctr.

Rockville Police Safety Tips for the Summer

Learn valuable safety information and tips from the Rockville City Police Department. Become better aware of your surroundings.

Thursday, June 16 • 11-12 p.m. • Free/\$4 NM • Sr. Ctr.

**Please Note:
Due to
COVID-19,
classes and
programs are
subject to
change.**